

EnergyBody *Residential Workshop*

2014 Website Program Description

Prerequisites: None

When we understand ourselves as complex patterns of intelligence, energy, light, and matter, we can begin to mold the forms and experiences our lives and bodies take. We can become more vibrant, full of life force, and we can more readily access multidimensional realities by learning to manage the energy/consciousness that we are. And, our lives can shift into empowered patterns we envision for our highest potential on spiritual, intellectual, emotional, and physical levels.

This course will show you ways to activate and consciously work with your energy body, the vehicle of consciousness we create to explore multidimensional levels of our personal and collective realities. In OBEs it is the part of us that experiences the vibrational state and is often seen as the first stage of energy separation from the physical body. It also creates a foundation for more vibrancy and vitality in our physical bodies.

In EnergyBody you can explore:

- Meditations to increase light energy for awakening consciousness and raising vibrational levels
- Ways to activate and focus energy for rejuvenation of body, mind and spirit
- Out-of-Body practice with guided meditations and energy-enhancing exercises
- Methods to enhance individual and group manifesting by working with the inner Hara or “Intention Dimension.”

The EnergyBody program is designed and guided by Patty Ray Avalon, MFA, graduate and former faculty member of the Barbara Brennan School of Healing, and Residential Trainer at The Monroe Institute® for the past fourteen years. It will be co-led with Jean McDoniels, Outreach Trainer for TMI and owner of Ocala Inner Center in Ocala, Florida.

Using Hemi-Sync® technology, interactive energy exercises, and group meditations we can discover how to tap into our potential as energy beings. When we consciously work with our energy body, we come to truly understand that we are more than our physical bodies.